

I Claim:

1. A lanyard for stabilizing optical equipment for a user wherein the lanyard comprises a strap which encircles the user's midsection, wherein the strap has at least two connectors for attachment to the optical equipment, and wherein the lanyard is utilized in addition to a conventional neck strap to stabilize the optical equipment against the user's body.
2. The lanyard of claim 1 comprising an elastic material.
3. The lanyard of claim 2 comprising an elastic cord 1/16 of an inch or more in diameter.
4. The lanyard of claim 1 wherein the strap further comprises a length adjustment means.
5. The lanyard of claim 1, wherein the optical equipment comprises a camera or binoculars.
6. A method of stabilizing optical equipment against a user comprising  
encircling the midsection of a user with an elastic strap having two ends and a connector at each end, and  
connecting each connector to a side of the optical equipment,  
wherein the strap is utilized in addition to a conventional neck strap and exerts a resistance to keep the optical equipment against the user.
7. The method of claim 6 wherein the resistance keeps the optical equipment from swinging or bouncing while the use is walking or leaning.
8. The method of claim 6 wherein the resistance keeps the optical equipment steady while it is being utilized.

9. The method of claim 6 wherein the optical equipment comprises binoculars or a camera.